

## Depression session 7

Materials: Guide slides 1-6, Plan for the Week, List of Pleasant activities

Topic	Materials	Advisor Text
Introduction to session	Guide 1 How depression works	<p>1. You remember this diagram of how depression works. Bad things that have happened to you in the past, or current stresses, affect how you think about things and about yourself.</p> <p>2. These thoughts affect how you feel and how you feel affects how you act or behave.</p> <p>3. When you THINK bad or negative things you are going to have depressed feelings.</p> <p>4. When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.</p> <p>5.. Today we are going to review the effects of activities and people on your mood.</p>
Review Take Home Project progress	Guide 2 Take Home Project sheet  Positive and negative contacts with people chart	<p>1. Let's look at your chart of positive and negative contacts with people. We want the balance to be towards positive contacts. <i>Discuss negative events. Highlight positive contacts.</i></p> <p>2. Did you try thinking or acting differently with someone? What happened? What did you learn about what to do next time?</p> <p>3. What activity did you do with someone? How did you enjoy it? How have your moods been?</p>
Increasing positive contacts	Guide 3	<p>1. You have had a chance now to think about positive and negative relationships. In which of your relationships are you seeing the negative outweighing the positive? Do you think this is a good relationship for you? <i>Discuss whether this is one she wants to change or if she should spend less time with that person.</i></p> <p>2. How might you talk with that person about changing negative parts of your relationship? <i>Role play if needed. Add to the Take Home Plan and encourage her to try it out when she is ready.</i></p> <p>3. Whom do you have the most positive contacts with? This is probably a relationship you want to nourish.</p> <p>3. I want you to be thinking of ways you can increase your activities with people who make you feel good. <i>Add these names to her Take Home Plan for people to do things with.</i></p>
Plan for the week and pleasant activities	Guide 4 Plan for the week List of	<p>1. Let's review your Plan for the Week. Have you been able to stick with routines? How is it working for things like mealtimes and bedtimes, what is the usual schedule? Where have you made changes in the plan from what we had discussed together? Having a plan in place will make your life easier when the</p>

	pleasant activities	<p>baby comes.</p> <p>2. When has it worked out to be best for scheduling pleasant activities? What activities have you liked doing best? What new activities might you plan? <i>List and use in Take Home Project</i> Which are ones where you might meet other people? Let's have you plan another activity where you might meet people. Has she noticed how activities are affecting her mood?</p>
Setting a remaining goal	Guide 5	<p>1. It is a little over a month till you are due and we may only have a session or two before you deliver. In the remaining time, I wanted you to decide if you had something which you would like us to focus on before the baby comes. These are the areas we have discussed and all are important in your learning to manage your moods. Is there one area in particular in which you would like more help? Or is there something else that you would like us to work on? <i>Try to reframe what she says in keeping with CBT framework: changing thoughts, changing actions, setting steps, rewarding herself. If she doesn't choose, based on what she has worked on recently, suggest that you continue to focus on that.</i></p> <p>2. Let's map out some steps for what you would like to achieve and decide what you will do before I see you next.</p>
Review Take Home Project	<p>Guide 6</p> <p>Take Home Project sheet</p>	<p>1. Take steps to work on your goal before the baby comes. <i>Review steps</i></p> <p>2. Talk about negative aspects of a relationship with that person.</p> <p>3. Plan activities with people whose relationship you want to nourish. <i>Review from above.</i> Do an activity where you may meet other people.</p> <p>How are you feeling about our plan today?</p>